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Children's Behavioral Health Knowledge Center

FY 2021 ANNUAL REPORT

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Massachusetts Department of Mental Health

Overview

Established in Chapter 321 of the Acts of 2008 the mission of the Children's Behavioral Health (CBH) Knowledge Center is to ensure that:

- The workforce of clinicians and direct care staff providing children's behavioral health services are highly skilled and well-trained;
- The services provided to children in the Commonwealth are cost-effective and evidence-based; and
- The Commonwealth continues to develop and evaluate new models of service delivery.

The Children's Behavioral Health Knowledge Center is located at the Department of Mental Health in the Child, Youth, and Family Services Division. As part of the state's mental health authority, the Knowledge Center's purview is the entire children's behavioral health system, across Executive Office of Health and Human Services (EOHHS) agencies and public and private payers.

The Knowledge Center fills a gap in the children's behavioral health system, serving as an information hub across providers and public and private payers. Through its tools, Center staff members work with colleagues who are developing, implementing, and advocating for practices, programs, and service delivery models that are based on the best available evidence about what works to improve outcomes for young people. As an intermediary organization, the Center's activities facilitate connection among the rich array of children's behavioral health researchers, program developers, providers, practitioners, and consumer advocates in Massachusetts. The Center's projects generally focus on the application of research knowledge, not the production of it.

Strategic Vision

Areas of focus – CY 2021

- Developing the skills of the behavioral health workforce to support youth and families including those of family members
- Enhancing supervisor competency and organizational support for high-quality supervision with specific attention to working with diverse populations
- Using innovative strategies to assist families with navigating the complexities of the behavioral health system

Key partnerships

Located within the state mental health authority, the Knowledge Center is well positioned to establish partnerships with other Executive Office of Health and Human Services agencies. This includes co-sponsoring of trainings and other workforce initiatives, braiding funding for shared projects and activities, and better alignment of workforce priorities and communication across agencies. Collaborations in 2021 included:

- **MassHealth** - As the largest payer of publicly funded children's behavioral health services in the Commonwealth, the Center works closely with colleagues at MassHealth's Children's Behavioral Health Initiative (CBHI) to support the workforce delivering CBHI services.

- **Department of Housing and Community Development (DHCD) –** serves some of the most at-risk youth in the Commonwealth in its emergency family shelter programs. This year, the Center supported this cross-agency partnership to ensure that staff members who are working closely with these young families can recognize the early signs of a behavioral health condition, in the hopes of preventing more serious problems in the future.

- **Department of Children and Families (DCF)** – More than 63% of all referrals made to the LINK-KID trauma therapy referral service located at the UMass Child Trauma Training Center, were made by staff members or foster parents from DCF. Additionally, the Center supported trainings for DCF contractors who provide services to youth and families on topics such as motivational interviewing, permanency practice, and reflective supervision.

- **Office of the Child Advocate (OCA) -**The Office of the Child Advocate (OCA) provides independent oversight of state services for children to ensure that children receive appropriate, timely and quality services. The OCA also serves as a resource for families who are receiving, or are eligible to receive, services from the Commonwealth. This year, the Center collaborated with the OCA to enhance the Handhold website to include an expanded set of resources, including new resources for parents of very young children and adolescents.

Center Infrastructure

The Knowledge Center has several dissemination vehicles for this work including its website, trainings, listserv, and webinars. The Center also has established relationships with researchers, skilled trainers in topics such as early childhood mental health, motivational interviewing, and reflective supervision, e-learning designers, and consultants with expertise in implementation science and design thinking. In 2021:

- The Center's website had over 12,000 unique visitors.
- Developed a video library for young adult peer mentors to provide them access to on-demand learning opportunities to continue to support their practice.
- The Center provided training and coaching support using evidence-based teaching approaches to more than 500 behavioral health professionals. The Center does not deliver or support one-time training events as they have little support for their effectiveness in changing behavior or enhancing skills. Rather, the Center's training initiatives tend to be multi-day trainings that are paired with coaching and organizational consultation to reinforce and support what trainees are learning in the classroom.
- Center staff members provide expert consultation and support to the Commonwealth's provider organizations, academic institutions, and EOHHS agencies on the use of implementation science, meeting design and facilitation, and training curriculum design and development, and design thinking methodologies.

Major Activities and Accomplishments

Development of Innovative Programs and Practices

The School of Hard Talks: Motivational Interviewing for Parents

Motivational interviewing (MI) is an evidence-based strategy for facilitating behavior change across a wide range of treatment targets, including enhancing adherence to treatment. Beginning in 2020 with the support of MI trainers, the Center worked alongside Dr. Emily Kline and her teams at Beth Israel Deaconess and Boston Medical Center to develop a multi-session "MI inspired" training to disseminate MI skills to parents.

A pilot study to test the feasibility and efficacy of the intervention, called "The School of Hard Talks" (SOHT) concluded in April 2021. Participants reported high satisfaction and benefits from the training. Parents reported statistically significant improvements in parenting attitudes, confidence, stress, and conflict from pre- to post-intervention assessments. These improvements were still strong 12 weeks later. Dr. Kline and her team in collaboration with Dr. Kelly English, Deputy Commissioner for Child, Adolescent and Families at DMH recently published an article[1] based on the pilot study with a sample of parents of youth who had experienced early psychosis. Additionally, a webinar hosted by the CBH Knowledge center on June 16, 2021 highlighted the accomplishments of this work and disseminated findings to clinicians working with Massachusetts families.

Based on the positive results of the pilot course, the Center supported Dr. Kline's team and Dana Remian of UMass Donahue Institute's learning solutions team in creating a self-paced "e-course," called "The School of Hard Talks Online: Lessons from Motivational Interviewing for Busy Families." The e-course is publicly available at: https://handholdma.org/what-can-i-do/the-school-of-hard-talks-online-lessons-from-motivational-interviewing-for-everyday-families. During 2021 the course page was accessed approximately **5,263 times**. It was the most visited resource on the "What Can I Do Page" of Handhold.org.

In the Fall of 2021 Dr. Emily Kline at the Boston Medical Center Department of Psychiatry trained 40 staff in DMH's contracted parent support programs to use SOHT curriculum in their parent support groups. The program staff who were trained included parent peers, family partners, and clinicians. The SOHT is well-suited to the peer learning environment of parent support groups and to the needs of parents who participate in them. The Training consisted of two components.

- School of Hard Talks facilitator training, delivered in 3 sessions of 5 hours each, for a total of 15 hours each. Two cohorts of 20 staff were trained, in September and October 2021 respectively.

- Monthly "booster sessions" for these newly trained School of Hard Talks facilitators, occurring October 2021 through June 2022. The new facilitators will participate in one booster session each month, with approximately 10 participants per session. These booster sessions provide ongoing support as new facilitators implement the SOHT curriculum in their parent support groups.

To reach a broad audience, the School of Hard Talks materials were translated into Spanish and distributed to these facilitators for their use in their parent support groups.

[1] *Kline ER, Thibeau H, Sanders AS, English K, Davis BJ, Fenley AR and Keshavan MS (2021) Motivational Interviewing for Loved Ones in Early Psychosis: Development and Pilot Feasibility Trial of a Brief Psychoeducational Intervention for Caregivers Front. Psychiatry 12:659568.doi: 10.3389/fpsyt.2021.659568*

Handhold MA

Handhold MA is an interactive, family-friendly website that seeks to provide parents and caretakers with highly accessible answers to the following questions:

- **Should I Worry?** Information they need to understand changes in their child's behavior and figure out when they might need help.

- **What Can I Do?** Curated resources for parents looking to help their child cope and heal from mental health challenges, promote healthy social and emotional development, de-escalate challenging situations, and connect to others who have been through this.

- **Who Can Help?** A user-friendly "front door" to existing behavioral health system navigation and treatment locator tools, including guides on what to expect, how to find support, and how to prepare for a first visit.

Created by a team of mental health, child development, and human-centered design experts in partnership with parents who have navigated the mental health system for their own children, the HandholdMA site during 2021 had more than 52,000 unique visitors. The site is available in six languages.

The Office of Child Advocate and the Department of Mental Health collaborated on developing an enhanced version of HandholdMA, which now includes an expanded set of resources for parents of very young children and adolescents.

Workforce Initiatives

Early childhood mental health training for DHCD Family Shelter Staff

In its role as the state mental health authority, DMH recognizes how critical it is to intervene early to prevent more serious challenges later. The Center teamed up with colleagues at the Department of Housing and Community Development and the Connected Beginnings Training Institute at UMass to sponsor an introductory training on early childhood social and emotional development for its emergency shelter providers. Given that children experiencing homelessness are one of the most at-risk groups for developing behavioral health challenges this was an important strategic investment for DMH and the Knowledge Center.

More than 65 shelter staff who serve families with very young children were provided with an overview of social-emotional development in children birth-five years, an understanding of child behavior as a form of communication, and an introduction to how some key risk-factors affect very young children. This professional development experience included two live on-line trainings (90 minutes each) and a group coaching session (90 minutes). In the next fiscal year, we hope to engage a smaller group of shelter providers who will engage in a deeper application of these skills and integration of a screening protocol into the shelter intake process to better identify at-risk children.

Infant and Early Childhood Mental Health (IECMH) Reflective Consultation Training

Reflective supervision/consultation (RS/C) is widely recognized as best practice in the provision of infant mental health services including but not limited to early education and care, behavioral health, home visiting, pediatrics, etc. The primary goal of RS/C is to promote high quality services and positive outcomes in children

and families. And yet, this type of supervision and consultation is not easily available or equitably accessible to the diverse Infant and Early childhood workforce.

The Knowledge Center funded a 12 month-Reflective Consultation Training open at no-cost to any individuals involved in Infant and Early Childhood Mental Health promotion or prevention work with the goal of diversifying and strengthen the early childhood workforce by creating equitable access to reflective consultation training and practice. The offering provides ongoing support to integrate skills learned in training in infant and early childhood mental health, to support the workforce through ongoing coaching; and to build the capacity of Reflective Supervisors in the field to continue this coaching in their settings.

Family Therapy Intensive

The DMH CYF Division, the Knowledge Center, and MassHealth's Children's Behavioral Health Initiative supported scholarships for 28 clinicians working in the publicly funded mental health system to attend the Intensive Certificate Program in Family Systems Therapy provided by Therapy Training Boston. Our publicly funded treatment systems work to ensure full family engagement in treatment and seek to prepare families to support their children successfully at home. This course supports beginning and intermediate level clinicians to become more skilled, self-aware and confident family-centered clinicians and supervisors. It teaches family systems ideas and practices, addressing complex family and individual needs through approaches that are practical, empowering and collaborative for both families and providers. The course will provide 81 hours of training, including approximately one full day of training a month and one two-day-long retreat. A cohort that began in July 2020 completed the course in June 2021. Another cohort of 28 clinicians began in June 2021 and is expected to complete the course in June 2022. This project is the result of cross-agency collaboration and alignment of training approaches across systems.

Course in Assessment and Clinical Understanding

To improve the assessment and clinical formulation skills of individuals working with youth and families served by DMH, the Center is supporting a second cohort of DMH staff members and treatment providers to attend an intensive online course in clinical assessment. It uses case studies to teach skills; videos to demonstrate the skills; and includes sample assessment tools. Skilled clinicians serve as moderators for Stop & Apply sections where participants are asked to respond to questions about the training content. It reinforces the "Golden Thread" by teaching how to gather relevant information, how to connect it all - and integrate the information in a meaningful way. It seeks to help supervisors refresh their knowledge and guide them in how to talk about concepts with their staff and exposes supervisors to the training so they can decide how their staff should be trained in assessment and clinical formulation skills. The modules address topics such as: how to gather relevant information, how to consider child development during assessment, the role of culture in assessment, and how to develop and communicate a case formulation.

Strengthening Supervision

A key aspect of the Center's workforce development strategy is to focus on the competency development and support of supervisors who oversee service delivery in the publicly funded children's behavioral system. Supervisors have considerable influence over their staff and play a critical role in teaching, coaching, and supporting behavioral health staff members that are working directly with youth and families. Many supervisors are promoted based on their performance serving as a direct care worker but often do not receive

specialized trainings on how to be a supervisor. This year the Knowledge Center supported the following projects designed to support the implementation of high-quality supervision in community behavioral health centers.

Reflective supervision training and coaching

The Knowledge Center worked with Dr. Elizabeth McEnany to train and coach supervisors in Reflective Supervision (RS). The practice of RS has its roots in infant and early childhood mental health but is applicable for those working with older youth and families, particularly those who have experienced trauma. RS strengthens the practice of trauma-informed care through its model of collaboration with and support of clinicians and other providers. The Knowledge Center has offered RS training since 2015.

- This initiative has been extremely popular with more than 70% of participants indicating that it is "extremely likely" they would recommend participation in reflective supervision to a colleague. Fifty-three percent of respondents indicated the training "exceeded expectations" and another 47% reported that it "met expectations." Over the years providing RS training we have consistently received feedback that agencies do not have internal training programs to offer to their staff as they are promoted into supervisory roles, and therefore some agencies sent new supervisors to complete the training every year. In response to that feedback, the Center added a second year to the RS training during which organizations participate in a sustainability and capacity building project. The outcome of this year will be the creation of processes and protocols to bring ongoing training and support of RS practices in-house. Agencies are invited to use the training materials from year one and to make any needed adaptations to increase their ease-of-use for their teams. A 40-person cohort from four community mental health providers[2] began the training virtually in October 2020 and completed the training in June 2021. The training included twelve (12) hours of training in RS practice for direct care supervisors and middle managers, offered at no cost to the participants or the program followed by monthly coaching sessions. Continuing education credits were also offered to those who completed the full 12-hour supervisor training series. Important successes of this project include:

    - Supervisors report spending more time focused on clinical issues and support of staff during supervision time rather than administrative (e.g., paperwork) issues.
    - Supervisors are cancelling fewer supervision sessions with their supervisees – thus having more consistent supervision.
    - Supervisors are having more consistent/predictable supervision sessions (e.g., regular scheduled time rather than "ad-hoc."
    - Supervisors report their supervisees are becoming more reflective on their own without supervisors having to ask questions.
    - Supervisors noticed that supervisees feel less overwhelmed and are more able to focus during supervision sessions.

The second year Learning Community began in June 2021 and will end in June 2022. The Learning Community activities include:

[2] *Cohort 2 providers are: the Italian Home for Children, Lynn Community Health Center, Advocates, and the Brien Center*.

- Four learning community meetings focused on *the implementation of RS,* for change teams comprised of senior leaders, supervisors, and other staff representing each of the four organizations.
- Twelve (12) monthly mentoring/coaching virtual sessions with each agency

Getting the Most Out of Supervision – Online Training

Supervision plays a critical role in helping supervisees develop their professional skills, manage workplace difficulties & stresses, and navigate their role and responsibilities. Yet not all supervisees understand its value, purpose, or how to make best use of it. The Center partnered with the local and national experts on supervision to create a free online training and in-person facilitator's guide, titled "Getting the Most out of Supervision." Intended for supervisees no matter what their role is in the organization (e.g., clinician, peer mentor, outreach worker, etc.), this brief online resource details seven concrete strategies supervisees can use immediately to build a more constructive and satisfying supervisory experience. The resource was viewed more than 200 times in 2021.

Young Adult Peer Mentoring Workforce Training

Young Adult Peer Mentors (YAPM) play an emerging and an increasingly vital role in the Commonwealth's behavioral healthcare delivery system. YAPMs are professionals who share their personal experience of living with and overcoming a behavioral health challenge(s) provide hope and support to youth facing similar challenges. Additionally, YAPMs serve as guides to other young adults by offering their invaluable experience with navigating the behavioral healthcare system. Research on the use of peers has found they help promote engagement in care, reduce utilization of restrictive and costly services such as inpatient hospitals and emergency departments, and improve quality of life.

Young Adult Peer Mentoring Organizational Self-Assessment & Capacity Building Toolkit

In 2021, the Knowledge Center released an easy-to-use, practical organizational self-assessment and capacity building toolkit for agencies and organizations to improve their implementation of YAPMs. Created with the National Implementation Research Network's implementation stages and drivers in mind, this toolkit enables organizations at all stages – whether they are looking to implement YAPMs or looking to expand or enhance existing YAPM services – to assess their YAPM implementation needs and to connect to free, accessible resources to address them. The toolkit had over 400 views in 2021.

Partnering Effectively with Young Adult Peer Mentors: On-demand e-Learning for Professional Staff

Successfully integrating Young Adult Peer Mentors (YAPMs) can transform an organization. YAPMs complement clinical supports, ensuring that services are culturally and developmentally attuned to youth and young adult needs. In 2021, to help disseminate this information, The Knowledge Center collaborated with key stakeholders, including YAPMs and young adult service recipients, to create a four-part On-Demand eLearning series for professional staff about how to partner effectively with YAPMs. Each less than ten minutes, the four online trainings cover role fundamentals, how clinical staff can best partner with young adult peer mentors, and how organizations can best support integration. Lessons are designed for organizations and professionals at all stages of YAPM familiarity and implementation, whether they are new to YAPM practice or are looking into improve integration and clinical partnership. Each lesson is self-paced, meaning learners can take as much time as they need and replay the modules as often as they'd like. Lessons include audio narration, options for

closed captions, transcripts, and additional resources in the links following each module. This e-learning training received over 200 views during 2021.

Core Elements of Young Adult Peer Mentoring Training

In 2021, the Knowledge Center sponsored two virtual Core Elements of Young Adult Peer Mentoring trainings. The content of this training is based on the YAPM Practice Profile that was released in 2017. COVID-19 required the Core Element trainers and the Center to host the training virtually. The training was conducted over the course of three days, two Core Elements for each section. Fortuitously, the pivot to virtual training allowed for YAPMs who might not have had the opportunity in the past to participate. For example, YAPMs living and working on Cape Cod and the Islands and in Western Massachusetts were able to participate easily via Zoom. In 2021, 28 YAPMs completed the Core Elements trainings hosted by the Center. In addition, the Center sponsored two virtual Core Element Coaching Days in 2021. Coaching days are typically 4–5-hour sessions in which Core Elements Training graduates can build on their existing knowledge base of YAPM practice through discussion and guided activities, typically surrounding a predetermined theme. 23 YAPMs participated in coaching days. In 2021 the YAPM Practice Profile received 1,700+ page views.

Facilitating Access to Evidence-Based Trauma Treatment

A 2012 report of the United States Attorney General's National Task Force on Children Exposed to Violence estimated that more than half of the children currently residing in the United States can expect to have their lives touched by violence, crime, abuse, and psychological trauma.[3] While not all children exposed to a traumatic event develop negative symptoms that require treatment, many do. It is critically important to assist children and their families in accessing treatment as quickly as possible to reduce the impact of trauma on their functioning.

The Knowledge Center contracts with the University of Massachusetts Child Trauma Training Center's (CTTC) LINK-KID referral service to: 1) Rapidly refer children in need of trauma treatment to those providers/practitioners who can provide state-of-the-art care and 2) reduce the burden inherent in navigating the complex treatment systems on families and other referral sources (e.g. social workers, etc.) by maintaining a statewide database of providers trained to deliver evidence-based trauma treatments and facilitating a timely referral to a provider(s) based on age, gender, geography, and insurance type.

LINK-KID is a free resource for families, providers, and professionals looking to refer children to trauma-focused evidence-based treatment throughout Massachusetts. When a caregiver, parent, or professional calls LINK-KID **(1-855-LINK-KID)** to make a referral for services, the individual will be speaking with a clinically trained Resource and Referral Coordinator (RRC) who collects the basic demographic information of the child and completes a full trauma screen with the referral source and/or the caregiver, including collecting a description of the child's trauma history including various trauma types and related symptoms, reactions, and responses connected with the trauma experience(s).

With the information gathered during the trauma screening process, the RRC, in collaboration with the referral source/caregiver, makes a clinical decision about which evidence-based treatment will be most appropriate for the child. In addition to telephone support, the RRC also offers to provide trauma related psychoeducational

[3] https://www.justice.gov/defendingchildhood/cev-rpt-full.pdf

material to the caregiver, via electronic or postal mail. Once the screening has been completed, the RRC identifies a trained practitioner(s)/ agency(ies) that matches the geography, insurance needs, language needs, and treatment needs of the child and family (e.g., trauma specialty, gender preference, setting of treatment), and a referral to that practitioner/agency will then be made. Family preference also informs the decision-making process (e.g., preferred agency/preferred clinician, etc.). The RRC will collaborate with the caregiver during this process regarding preferences and will inform the parent/caregiver and referral source about the location of the referral(s) submission. The entire process of making a referral through LINK-KID takes no more than two business days and the amount of time from initial call to the referral is tracked closely by LINK-KID staff. During 2021, LINK-KID received 1137 referrals for youth seeking evidence-based trauma treatment. 63% of all referrals were involved with the Department of Children and Families, 24% of all referrals were referred by DCF social workers and 27% of all referrals were in the custody of DCF. MassHealth was the insurance type of the majority of children at 788, or 69% of all referrals.

Knowledge Dissemination Activities

The Knowledge Center fills a gap in the children's behavioral health system, serving as an information hub across providers and public and private payers. The goal is to facilitate connections among local providers, researchers, and youth/family members, while raising awareness among policy makers and program funders about those projects, policies, or practices that could be scaled-up. The Knowledge Center has several dissemination vehicles for this work including its listserv, website, and webinars.

Webinars

The Knowledge Center hosts webinars on a variety of topics geared toward various stakeholder audiences. This year's included:

Spring Speaker Series

This Spring the Knowledge Center sponsored a series of virtual sessions focused on sharing tools that families and mental health professionals can use to improve communication with children and adolescents while supporting their strengths. Approximately 350 attendees participated in the live sessions and over 200 have accessed the recordings. Click the Links below to access the webinar recordings.

- March 31 - Engaging in Family Discussions About Race & Racism with Special Guest Speaker Maryam Jernigan-Noesi, PhD (No recording available)
- April 21 - The Nurtured Heart Approach: Success & Greatness in Every Child with Special Guest Speaker Sam Healy, LICSW
- May 20 - Demystifying Insurance Coverage for Youth with Behavioral Health Needs in Massachusetts with Special Guest Speaker Amy Weinstock
- June 16 - The School of Hard Talks: Lessons from Motivational Interviewing for Everyday Families with Special Guest Speaker Emily Kline, PhD

Insurance Resource Center for Autism and Behavioral Health

Understanding their insurance coverage is a challenge for many families seeking behavioral health services. With the passage of legislation, on July 1, 2019, many Massachusetts private health insurance plans began paying for certain Behavioral Health services for Children and Adolescents (BHCA). While this expanded access to services, it also made the public and providers' understanding of insurance benefits more complicated.

The Center engaged the Autism Insurance Resource Center (AIRC), a program of the Eunice Kennedy Shriver Center at UMass Chan Medical School to assist state agency staff, families, and providers with navigating behavioral health commercial insurance benefits for children and adolescents. The AIRC staff has extensive experience helping families and providers navigate commercial insurance benefits. They've been helping families with autism for years, and we are capitalizing on that expertise to help families and providers navigate the Behavioral Health for Children and Adolescents (BHCA) benefits. To reflect the expansion of services the AIRC was renamed as the Insurance Resource Center for Autism and Behavioral Health (IRCABH). Resources provided include:

- Information and technical assistance by phone/e-mail
- Assistance with issues related to accessing coverage for treatment, including MassHealth questions and issues.
- Access to documents including legislation, FAQ's, agency bulletins, etc.
- Trainings and webinars for families and providers
- Fact Sheet Library on topics relevant to BHCA. These will be available as accessible pdf documents, with translated versions in Spanish, Brazilian Portuguese, Simplified Chinese, and Vietnamese.

Between July and December 2021, the IRC received 1,436 inquiries, 618 (43%) of which were from families with MassHealth coverage. During that time period 1,086 individuals attended IRC's presentations and seminars.

The Knowledge Center and the IRCABH co-hosted webinars for families and providers on May 20 and September 15. For more information visit: https://massairc.org/

Children's Mental Health Awareness Week Wellness Safari

The Knowledge Center and the Office of Community Engagement at DMH partnered with Zoo New England to raise awareness about children's mental health during Children's Mental Health Awareness Week - May 2 through 8, 2021 – with a Wellness Safari. DMH distributed 300 free passes to the Zoo to families served by DMH and our community partners.

During that week, visitors to Zoo New England's Franklin Park Zoo and Stone Zoo were invited to participate in a Wellness Safari. As guests enjoyed the zoo's natural environment and connect with wildlife, they also had the opportunity to find tips on initiating family discussions and nurturing wellness in children. DMH distributed resources from our Children, Youth and Families division such as HandHoldMA.org and Isaac's Story; as well as other local and community resources. Link to interview with Commissioner Doyle about the event.

Website and listserv

The Knowledge Center's website: www.cbhknowledge.center provides a forum for policy makers, providers, advocates, and youth and families to: locate information about local and national training events, learn about evidence-based and promising practices in Massachusetts, and share relevant information and resources for individuals working in the children's behavioral health field. In 2021, the site had over 12,000 unique visitors.

Conclusion

The Children's Behavioral Health (CBH) Knowledge Center contributes to the advancement of many of the aims of the Roadmap for Behavioral Health Reform to: 1) ease the burden of families in accessing behavioral health services through programs such as LINK-KID and the Insurance Resource Center for Autism and Behavioral Health; 2) develop more options to treatment by supporting the development of innovative easily accessible options such as The School of Hard Talks online; 3) increase the competency of the behavioral health workforce by offering training programs like the Core Elements of Young Adult Peer Mentors, Family Therapy and Reflective Supervision; and 4) increase collaboration among state agencies and provider organizations.

In the year ahead, the Center will continue to serve as a resource for helping to ensure that individuals providing children's behavioral health treatment and services across the continuum of care are highly skilled and well trained, and that families have access to critical knowledge and resources to assist them in obtaining services. Consistent with its legislative authorization, the Center will continue to promote workforce competency in evidence-based practices through targeted training and assistance with locating providers that deliver high quality evidence-based trauma treatment. The Center will continue to serve as a resource for supporting innovative changes in care delivery that are flexible, adaptable, and accessible to children, youth, and families in need at any point of entry into services.